



*Pictured Above: (L-R) Wayne White, Jeff Jennings, Dr. John Dunn, Randall Woodruff, Rep. Bill Owens, JC Roundtree, Sen. Marc Basnight, Melvin Jeralds, Sam Shaw*



*Pictured Above: (L-R) Rep. Bill Owens, Dr. John Dunn, Sen. Marc Basnight, and Randall Woodruff, County Manager.*

## **Senator Basnight & Representative Owens Visit Camden County**

On Friday, November 7, Senator Marc Basnight visited Camden County with Representative Bill Owens. Members of the Camden County Board of Commissioners and Board of Education took the opportunity to inform Senator Basnight and Rep. Owens of the critical needs facing Camden County. Chairman Jennings enlightened Senator Basnight and Rep. Owens of several major issues facing Camden County including the school growth issue, the water situation at South Mills, and the necessity of a traffic light at Belcross. Dr. John Dunn, Superintendent of Camden Schools, gave an update on the progress of the QZAB funds for the renovation and building of the schools. Dr. Dunn also thanked Senator Basnight and Rep. Owens for all the work they are doing for the schools in North Carolina.

### **National Diabetes Month, 2003**

#### **By the President of the United States of America - A Proclamation**

Almost 17 million Americans have diabetes, a disease that prevents the body from using its own insulin to break down sugars. It is the sixth leading cause of death in the United States. During National Diabetes Month, we recognize advancements in preventing, treating, and detecting this disease, and we renew our commitment to helping Americans with diabetes live longer, healthier lives.

Diabetes can lead to severe complications, including heart disease, blindness, kidney failure, and lower-extremity amputations. Up to 1 million Americans have type 1 diabetes, an autoimmune disorder that destroys insulin-producing cells in the pancreas, while an estimated 16 million Americans have type 2 diabetes, in which the body does not sufficiently produce or process enough insulin. Type 2 diabetes is often related to obesity, and it is rising rapidly among men and women of all ages. Type 2 diabetes is also on the rise among children, for whom it was once extremely rare. Modest weight loss, increased exercise, and a healthy diet can decrease the risk of type 2 diabetes and help manage its complications.

Through the Healthier US Initiative, my Administration is helping Americans develop the healthier habits that can improve their quality of life. And the Centers for Disease Control and Prevention and the National Institutes of Health are working together through the National Diabetes Education Program to educate Americans at risk for diabetes and to instruct those living with the disease about controlling blood glucose, blood pressure, and cholesterol. By raising awareness in our communities and providing assistance to those battling the disease, we are fighting diabetes.

During National Diabetes Month, we commend those advancing the fight against diabetes as they bring hope and health to millions of Americans.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim November 2003 as National Diabetes Month. I call upon all Americans to increase their awareness of the risk factors and symptoms related to diabetes and to observe this month with appropriate programs and activities.

GEORGE W. BUSH

### **Pasquotank/Camden County 2004 Relay for Life Upcoming Events and Information:**

★Planning Board Meeting will meet on December 1, 2003 at 5:30 pm at the Pasquotank County Agriculture Extension Building.

★January 15, 2004 will be the 2004 Relay for Life Kick-Off at the Kermit E. White Center at 5:30 pm at the Pasquotank County Agriculture Extension Building.

★Early Bird Registration is good through February 19, 2004. For more information, please contact Yvonne Mullen at 252-338-3954.

***Calling All Cancer Survivors, Please Contact Geraldene Sawyer at 252-338-3017.***

Attention Residents and Businesses who have registered with FEMA and then received loan applications from the U.S. Small Business Administration!

You *must* complete the loan application packet even if you do not intend to accept a loan. Completion of the packet may also determine your eligibility for other assistance. If you need assistance in completing your SBA low-interest loan application, there are several local workshops which you may attend. The workshops at each location are open Monday through Friday and their hours of operation are listed with each:

Cooperative Extension Office  
1209 McPherson St.  
Elizabeth City, NC  
8:00 AM - 5:00 PM

### **Thanksgiving Dinner**

**Sunday, November 23, 2003  
11:30 AM—2:00 PM**

**Old Trap Community Building**

***Sponsored By: Old Trap Community Club***

**\$5.50 Per Plate**



### **Isabel Storm Debris**

As of October 27, 2003, NCDOT will not pick up Isabel debris on NCDOT right of way.

In order for the debris not to cause any accidents, *please* do not put any debris along the NCDOT right of way. 2003. Residents are responsible for debris clean-up.

### **Senior Lecture Series**

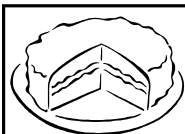
| <b>Date</b>       | <b>Event</b>  |
|-------------------|---|
| January 14, 2004  | Heart Attack: How to Recognize it and Steps to Take.<br><br>Billy Payne, R.N., F.N.P.   |
| February 11, 2004 | Be Heart Smart: A Fun Way to Learn How To Live Heart Healthy.<br><br>Deborah Hutto, R.N., B.S.N.<br>Margaret Zipoli, R.N., B.S.N. |
| March 10, 2004    | Understanding Diabetes: What is it? How Would I Know If I Have It?<br><br>John Lamberson, R.D., M.S., R.D.E.                      |
| April 14, 2004    | Nutrition and Physical Activity: Even More Important As We Age.<br><br>Brian Page, Wellness Coordinator, Albemarle Hospital       |
| May 12, 2004      | High Blood Pressure: The Silent Killer<br><br>Melvin Farland, M.D., Albemarle Family Practice                                     |
| June 9, 2004      | Smoking Cessation: Quitting Could Save Your Life<br><br>Wendy Barnett, R.N., M.S.N.<br>Mary Sue Zinsmeister, R.N., M.S.N.         |
| July 14, 2004     | The Signs of Depression<br><br>Barbara A Sawyer, M.D.   |
| September 8, 2004 | Prostate Cancer<br><br>Edward B. Eadie, Jr. M.D.<br>Albemarle Area Urology  |
| October 13, 2004  | Detecting Breast Cancer with Mammography<br><br>Cathy Blowe, RTRM, Albemarle Hospital   |
| November 10, 2004 | Eating Healthy For The Holidays<br><br>Kelli Burton, R.D., Albemarle Hospital Nutritional Services                                |

**Where: It will be held at the  
Camden Senior Center**

**When: The Second Wednesday of each month;  
What Time: From 11:00 - 11:30 am  
For more information, Please Call  
Michaelene Sawyer at 252-338-1919 x 248.**

### **ATTENTION NEW CAMDEN BUSINESSES!!!**

The Camden County Directory will be updated for the Fall of 2003. Please contact us with any new information at 252-338-1919 or [info@ecamden.cc](mailto:info@ecamden.cc)



# Cook's Corner

## Aunt Sarah's Caramel Icing

Submitted By: Peggy Kight

### Ingredients

- 1 Stick Butter
- 1 Cup Firmly Packed Brown Sugar
- 1/4 Cup Milk
- 2 Cups Confectionary Sugar

### Directions

Melt butter in saucepan. Add brown sugar, and bring to a boil. Let it boil for two minutes. Add milk and bring it also to a boil. Then, remove from heat and add confectionary sugar. Beat until smooth.

## Camden County Sheriff's Office Sheriff Tony Perry

### Monthly Report

For the month of October 2003, there were 17 arrests with 4 drug arrest.

#### Crimes committed:

- ★Property Crimes – 10
- ★Breaking/Entering – 2
- ★Larcenies – 6
- ★Crimes Against Persons – 26
- ★Assaults – 3
- ★Traffic Offenses – 61
- ★Armed Robbery – 0
- ★Reports taken – 113
- ★Papers Served – 181



Calls Answered – 568 (average 18.3 calls per day or 24 hour period)

#### Training Received this Month:

Intoxilizer School

**24 Hour Non-Emergency 252-338-5913 /  
Emergency 911 / Sheriff's Office 252-338-1919**

Gloria Westner is documenting all Cemeteries in Camden County. So, if you have a cemetery in your neighborhood that may be hidden or know of one in an out of the way place, please call Gloria at 252-336-2775 or email [glogonc1@mchsi.com](mailto:glogonc1@mchsi.com).

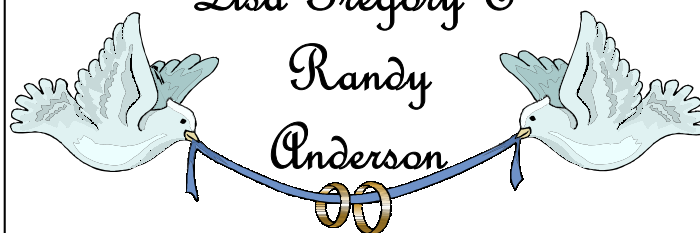


Congratulations to :

Lisa Gregory &

Randy

Anderson



The wedding date is planned for February 14, 2004  
at Geneva Baptist Church.

# Camden Consultants



## Florence Floyd

Box 61 Shiloh, North Carolina 27974-0061  
(252) 336-4125

## Sharon Michael

I'd love to offer you Avon's personalized service!  
Please call at (252) 336-4411! [shimmy@inteliport.com](mailto:shimmy@inteliport.com)

Leslie Wood  
PO Box 52  
Shiloh, NC 27974  
252-336-9950

# TUPPERWARE

Hosts can earn free items, door prizes and even receive a free "Taste of Tupperware" cookbook when they have a party. It features 80 recipes, monthly menu planner, shopping list and tips for serving and entertaining guests.

# MARY KAY

## Amy Burnham

Independent Beauty Consultant  
(252) 771-2449  
[Http://www.marykay.com/amyburnham](http://www.marykay.com/amyburnham)  
Call for Free Samples!

## Ashlee Rose

Independent Beauty Consultant  
(252) 336-4470  
[Http://www.marykay.com/arose1986](http://www.marykay.com/arose1986)  
Call for Free Samples!

# Creative Memories

Elly L. Cleveland  
Independent Consultant

120 NC HWY 34 N  
Camden, NC 27921  
(252) 338-9828 (Home)  
(252) 207-5101 (Cell)  
[dimplz424@yahoo.com](mailto:dimplz424@yahoo.com)



## **ECA Recruitment**

Let the work of the Extension and Community Association grow larger in Camden. The Camden County Extension and Community Association (ECA) is looking to grow larger into your community. ECA is a volunteer outreach organization for Cooperative Extension. In fact, ECA is the largest volunteer educational organization in North Carolina. The ECA objectives are met through specified community, county, district and state organizations. ECA is also affiliated with the National Association for Family and Community Education. "ECA is a great community organization that can have a big impact on the county. I would love to see several other clubs started throughout the county and increase participation in ECA in Camden County" states Danelle Barco, 4-H and Family Consumer Science Agent. "The Belcross ECA Club has been an extremely active club for a number of years now and the work they do has impacted many people in Camden County. They have 18 active members which work hard and care about the county and the people which live here."

If you are interested in learning more about ECA, becoming a member or helping to start a new club, please contact Danelle Barco, 4-H and Family Consumer Science Agent at 338-1919, ext. 229 or stop by the NC Cooperative Extension Office located behind the Courthouse.

## **ECA Holiday Project**

The Belcross Extension & Community Association (ECA) will be shopping for families in need during the upcoming holidays. All families shopped for will be residents of Camden County. If you would like to help the Belcross ECA Club, please send donations to: Phyllis Timmerman, Belcross ECA Treasurer, 202 Japonica Drive, Camden, NC 27921. Donations can also be dropped off at the Extension Office.

The club will purchase items such as clothes, household items, toys for children and items for adults/parents. Items will be distributed on December 19th. If you have further questions regarding this event please contact Danelle Barco at 338-1919 ext. 229.

Thank you in advance for your contributions and support!

## **Tips On Ordering and Sending Food Through the Mail**

### ***Perishable Foods***

Ship perishable food cold-no warmer than 40°F. Perishable foods include vacuum packaged smoked fish, turkeys, and some sausages, cheeses, and some canned hams. Some of these foods can even be shipped frozen. Perishable food usually is shipped next-day-delivery and has "Keep Refrigerated" stamped on the outer package. When ordering a product, ask if it is shelf-stable. If it is, it does not need to be shipped cold. However, if it is not, it must be shipped cold to be safe.

Ask the company how it will keep the product cold during delivery. Also ask for intended shipping and delivery dates.

When the food arrives, open it immediately and check the temperature with a food thermometer. If the temperature is warmer than 40°F or if the item has thawed, notify the company. Do not eat the food; return it because it might be unsafe. If the temperature is still less than 40°F, it should be safe. Promptly refrigerate or freeze, but do not refreeze.

### ***Non-Perishable Foods***

**Homemade baked goods.** Most cookies and candies are safe to ship except for cheesecake or other foods that contain custard or cream filling. These fillings can support the growth of harmful bacteria. During transit, the temperature may increase significantly, providing an ideal environment for bacterial growth that can spoil the food or make it harmful to eat.

Here are some general tips for sending homemade baked goods:

- Do not pack the food while it is hot so droplets of water do not condense on the inside surface of the package. Moisture promotes soggy goods and mold growth.

- After cooling the food, pack it in plastic bags so air does not get in and cause spoilage, such as rancidity.

- Pack the box so the contents do not shift. Layering will help. Use paper packing material to fill empty spaces in the box.

- Soft cookies, such as chocolate chip or sugar cookies, can crumble and break during shipping. Harder cookies, such as snack or bar cookies, ship better.

**Canned Foods.** Most canned foods are safe to send through the mail as long as the can or jar is sound and intact. Upon receiving, you should check the cans or jar. If there is any sign of damage, discard the can or jar. Damaged containers allow the entry of spoilage organisms as well as harmful microorganisms. If you mail home-canned food, the first step to ensure their safety is to be sure they were prepared using tested procedures, such as those found in the 1994 US Dept. of Agriculture's *Complete Guide to Home Canning* or the *Ball Blue Book*. Improper processing can cause deadly botulism.

**Commercially prepared non-perishable meats and cheese.** Many types of commercially prepared sausage and processed cheese and cheese foods do not need to be shipped cold. These products often contain large amounts of salt and undergo a heat treatment to kill harmful bacteria. Some sausages also contain nitrates, which prevent the growth of the bacteria that cause botulism. Others have been fermented, which increases the amount of acid in the food so bacteria cannot grow. When ordering such items, it is a good idea to make sure they do not have to be shipped cold. When the food is received, check for any damage. These foods do not have to be stored in the refrigerator; however, doing so will increase their shelf life. Inspect the food for mold before you eat them. After opening, these products must be kept refrigerated.



# \$ Specials of the Week \$

## **SOUTHSIDE PRODUCE & PLANTS**

"Special of the Week"  
**30% Off All Trees!**  
**20% Off All Shrubs**  
 Call 252-335-2126

## **F & H AUTO SALES**

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**1996 Pontiac Grand AM—\$2289.00**  
 Call 252-335-0222 for details

## **J & J WHOLESALE LLC**

"Special of the Week"  
**2001 Dodge Neon**  
**\$5,900.00**  
 Call Lynn at 252-331-7878 for details

## **"TOWN and COUNTRY"**

**William E. Wood and Associates**  
 "Special of the Week"  
**Free Market Analysis of your Home**  
 Call 252-338-7653 or 252-771-5850 and ask for  
 Angela Stone.

## **THE DUSTY ATTIC**

"Special of the Week"  
**Antique Solid Oak Four-Drawer  
 Dresser With Mirror**  
**Was \$349.50 Now \$299.95**  
 Call 252-335-4087

## **LAMB'S MARINA & SEAFOOD**

"Special of the Week"  
**Oysters**  
**Bushel—\$29.00**  
**Pint—\$6.99**  
 Call 252-338-1957

## **Electricians Helper**

Electricians Helper—Full time employment. Seeking motivated employee. Residential, Commercial & Industrial Employer. Residential experience or Journeyman's License required. For more information, call TJ's Electrical Services at 252-771-2075.

12/18

# Job Opportunities

## **Senior Center Assistant**

Senior Center Assistant. Part Time. Camden County is seeking qualified applicants for the position of Senior Center Assistant. This person will assist with daily operation of a nutrition site for older adults. The person must have a positive and cooperative attitude and be able to relate to older adults and demonstrate special interest in the needs and desires of senior citizens. Ability to read and write and have some related food preparation and coordination experience preferably with older adults; or an equivalent combination of education and experience is desired. Some computer knowledge is preferable but not required. The salary range is Grade 54 (\$7.45 per hour). Applications should be submitted to: Personnel Technician, Camden County, P.O. Box 190, Camden, NC 27921 or at Employment Security Commission. Applications and a job description may be obtained from the receptionist at the Camden County Offices. Application open until 5:00 p.m., November 19, 2003.

## **Receptionist**

Receptionist – County Managers Office. Full time. Camden County is seeking qualified applicants for the position of Receptionist in the County Managers Office. This person must have strong experience using Microsoft Office applications, especially MS Word, Power Point, and Publisher. Applicants also experienced in Front Page preferred. The person must have a positive and cooperative attitude, be helpful to the public, create a good first impression, and perform work of a detailed nature. 8 AM to 5 PM, Monday through Friday. Starting salary \$17,669 (Grade 57), plus benefits. Applications should be submitted to: Personnel Technician, P.O. Box 190, Camden, NC 27921, or at Employment Security Commission. Application open until 5:00 PM on December 15,

## **NEEDED!** **VOLUNTEERS FOR SENIOR CENTER** **ADVISORY BOARD**

Must be at least 55-60 years old and willing to serve a three year term. You would act as a liaison between the Senior Citizens of Camden County and the County Government. Applications can be found on Camden's website at [www.ecamden.cc](http://www.ecamden.cc) or, you may call the Senior Center at 252-338-1919 ext. 248. Ask for Michaelene Sawyer.



## Caring and Sharing Feast

The Open Door Christian Fellowship Church will be providing a Thanksgiving Day meal on Thursday, November 27, 2003 for the hungry, shut-in, and anyone who doesn't have a family to spend the holiday with. Dinner will be served at 1:30 pm and **transportation will be provided.** The focus of this mission is to provide for those who are in need during the holiday season and to bless someone who is without. If you know anyone who has a need during this time or if you need any information, please call any of the following individuals:

|                              |              |
|------------------------------|--------------|
| Rev. Joseph E. Thompson, Sr. | 252-771-8121 |
| Sis. Glenda Armstrong        | 252-771-5635 |
| Sis. Jackie White            | 252-331-1318 |
| Sis. Patsy Wilson            | 252-335-7116 |

Open Door Christian Fellowship Church is located at 172 Nosay Road, South Mills, NC.



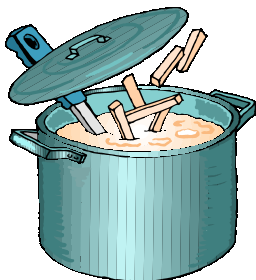
## Camden United Methodist Youth Fellowship

### BRUNSWICK STEW SALE

November 22, 2003  
11 AM - 5 PM

\$6 per quart

Camden United Methodist Church  
197 South Highway 343  
(Corner of South 343 and Seymour Dr.)



### Job Opportunity

Shiloh Baptist Church is seeking a **Choir Director**. For more information, please call 252-336-4482.



### Job Opportunity



Shiloh Baptist Church is seeking a **Part Time Secretary**. For more information, please call 252-336-4482.

# Church Listings

### ANTIOCH MISSIONARY BAPTIST CHURCH

Pastor Timothy L. Hicks  
218 Joy's Creek Road, South Mills, NC 252-771-5655

### CAMDEN BAPTIST CHURCH—Pastor Rob Madden

207 South Hwy 343, Camden, 252-338-8525 or 252-333-5226

### CAMDEN UNITED METHODIST CHURCH

Pastor David Moehring 252-335-7565

### CHURCH OF CHRIST

298 S. Hwy. 343, Phone: 252-338-3292

### EBENEZER BAPTIST CHURCH

Pastor, Frank Thigpen 252-771-2894

### GENEVA BAPTIST CHURCH

806 N 343 252-771-5550

### MCBRIDE UNITED METHODIST CHURCH

228 Old Swamp Road, South Mills  
Pastor Jim Krepps 252-771-2508

### NEW BEGINNINGS ASSEMBLY OF GOD CHURCH

890 North Highway 343, Carrol Daniels, 252-771-3533

### NEW SAWYERS CREEK MISSIONARY BAPTIST CHURCH

312 Sleepy Hollow Rd. Camden 252-335-7759  
Rev. Dr. Leon Credle

### NEW SHILOH MISSIONARY BAPTIST CHURCH

Pastor William T. Davis 186 Trotman Road, Shiloh  
252-336-2603

### OPEN DOOR CHRISTIAN FELLOWSHIP CHURCH

Pastor Joseph E. Thompson, Sr. 172 Nosay Road,  
South Mills, NC 252-771-5153

### RIDDLE PENTECOSTAL HOLINESS CHURCH

252-336-4274 Rev. Roland Cooper

### SAWYER'S CREEK BAPTIST CHURCH

Sawyers Creek Road 252-335-2069 sawyerscreek@inteliport.com

### SHARON UNITED METHODIST CHURCH

Sharon Church Rd., South Mills, Pastor Jim Krepps  
252-771-2508

### SHILOH BAPTIST CHURCH

952 S. 343, Shiloh 252-336-4280, Shilohbapt@inteliport.com

### SOUTH MILLS CHURCH OF CHRIST

100 Culpepper Rd, PO Box 363, South Mills, 252-771-5644  
evangelist@surfnetnc.com

### TRINITY UNITED METHODIST CHURCH

104 Main Street, South Mills  
Rev. Jim Krepps 252-771-2401

### VINEYARD CHRISTIAN FELLOWSHIP CHURCH

252-338-1764 email: vcfcamnc@inteliport.com

### WESLEY UNITED METHODIST CHURCH

Pastor David Moehring 252-335-7565

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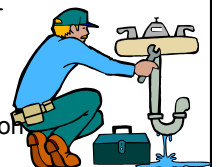
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| Water Pipe Hookups | Toilets               |

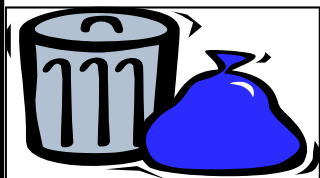
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Owner— Mike Russell

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Camden, NC 27921  
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Home # 252-335-0089

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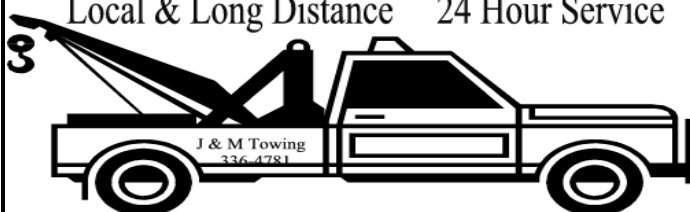
Owner/Operator

**(252) 335-2841**

Monday - Friday 9:00 AM - 5:00 PM Winner's Circle Shopping Center  
Evening appointments available 141 - A Highway 158  
Saturday - 9:00 AM - 1:00 PM Camden, NC 27921

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